1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

tion but because they take pride in making the best of what they have. Most of the meager sums of money they do have are probably sent in from a son who has a job outside the mountains. Government programs of supplying food are also periodically necessary to support these hardy people.

There are two historical factors accounting for the hardiness assigned to the mountain people over the plains dwellers. Before independence, the plainsmen, particularly in Thessaly and Macedonia, were attached to the estates of absentee Turkish landlords and, according to travelers' accounts, lived in tenancy approaching serfdom, despised by the more independent Greeks of the mountains. Further, the plains villagers suffered for centuries from the terrible malaria of the lowlands; drained of vitality, they were probably actually poorer physical specimens than the peasants of the more healthy uplands.

As various features of the peasant's life unfold, particularly in a later discussion of village ways, we can understand even better the differences between the peoples of the mountains and the plains. Nevertheless, we should not forget that as villagers the two groups hold much in common, such as their shared loyalty to their village and their tendency to be distrustful of the "outside world," particularly of the central-government officials in Athens.

The Sea

If mountains and plains are disappointing in the resources they contribute to Greece, then surely, one would think, the sea would more than compensate by providing fish in abundance. As a matter of fact, fish are an important source of protein in the Greek diet, but before the Second World War less than half of the total amount of fish eaten (35,000 to 40,000 metric tons) was caught by Greek fishermen in Greek seas. The rest had to be bought from abroad, often from neighboring countries, out of the country's meager store of foreign exchange.[14] Students of the problem seem to believe that the sea around Greece is rich in fish and that the trouble lies in the failure of the authorities to promote and foster a fishing industry. The many fishing boats destroyed during the war are being replaced, though slowly.

The merchant marine of Greece has been through the years a source of national pride. Here is one way the sea has been put to good advantage. Before World War II Greek ships totaled 1,900,000 tons and included 500 ocean-going vessels and a coastal and Mediterranean fleet of 55 large ships and 733 caiques, or small sailing boats. In 1946 there remained 138 miscellaneous ships totaling 501,000 tons. The sale of 100 liberty ships by the United States government to Greek operators at one fourth of the original cost contributed much to the rebuilding of the Greek merchant marine,

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

Village Hygiene

364 [369] This closer contact with the ideas and the services of the city is helping overcome one of the negative aspects of village life from the survival standpoint, namely, its lack of adequate hygienic provisions. When Greek villages are judged in terms of what one finds in many rural settlements throughout the United States and Western Europe, they measure up fairly well. They have their expected quota of flies, their problems of sewage disposal, and the difficulties of obtaining pure drinking water, but these concerns are common to farm people in other parts of the world.

364 312 When, however, one measures the Greek village by scientific standards of public hygiene — and these should be the goal in the interest of better health for its people — then there are obvious shortcomings. According to *Medical and Sanitary Data on Greece*:

> many of the rural sections depend on small springs and hand-dug wells for their water supplies. These are usually isolated from inhabited areas and the water is not piped to the villages. It is quite common to see women carrying water in earthenware containers from sources as far as a mile from their homes.
>
> In semi-rural communities, particularly in the lowlands where underground water is more common, public wells, springs and private wells are often in use. Many private wells exist all over Greece and are sometimes the preferred sources of supply, even where safe piped supplies are provided. In some of the smaller Ionian and Aegean Islands and in a few villages in the northeastern Peloponnese and eastern Crete, the complete lack of any surface or underground water has compelled the population to depend on rain water collected from the roofs of their homes.
>
> Many private and public wells and many rural springs are open and unprotected from contamination which may be introduced by the human or animal population which it serves. . . . Even after collection, the water is frequently subject to contamination in containers. . . .[9]

The urban water supplies are more apt to be adequate with proper precautions taken for filtration and chlorination.[9]

364 514 A description of waste disposal is also contained in the report quoted above:

> For the disposal of human excreta in the rural areas of Greece either the pit privy or bored-hole latrines are utilized. Defecation on the ground is still widely practiced due to lack of sanitary facilities in residences and schools. However, the sanitary type of bored-hole latrine and pit privy has been installed under various programs at low cost to villagers in rural areas mainly as demonstration projects.[10]

164 165 In addition to the obvious visible signs of sanitation progress, one can learn much from the list of causes of death for Greece as a whole. Table 2 shows the first fifteen general causes of death for 1950. Some of the

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

TABLE 2. CAUSES OF DEATH IN GREECE, 1950, BY NUMBER AND RATE

Cause of death	Number	Death rate (per 1000 people)
Heart disease	3270	.427
Cancer	2730	.358
Cerebral hemorrhage	2679	.352
Tuberculosis (respiratory)	2214	.293
Senility	1954	.258
Pneumonia	1523	.201
Nephritis	1284	.168
Violent accidents	1259	.165
Causes unknown	1166	.154
Congenital debility	998	.132
Diarrhea, enteritis	973	.128
Other tuberculosis	634	.083
Other diseases of digestive system	629	.082
Other infectious diseases	621	.081
Diseases of the liver	511	.067

Source: Mutual Security Agency Mission to Greece, *Medical and Sanitary Data on Greece* (Athens, 1952), p. 62 (mimeographed).

diseases which give the health authorities most cause for concern are tuberculosis, dysentery, typhoid and paratyphoid, venereal diseases, smallpox, various intestinal parasites, and particularly infectious hepatitis.

Of these causes of death, tuberculosis creates the greatest problem for those interested in preventive medicine, for it is commonly recognized that the reported death rate, 29.3 per 100,000 people, is probably less than half of the true figures. Greek peasants can therefore take small comfort in the fact that tuberculosis death rates in the urban areas are more than twice as high as those for rural districts, since this still means relatively high rates in the villages. Although the government is attacking tuberculosis with considerable vigor, the public response is only half-hearted. One of the first jobs of the UNRRA–World Health Organization mission after the war was to try to persuade the tuberculous to recognize their illness, to take treatment, and to realize that it was no disgrace to be ill.

However, in most families it is still considered a shame to have the disease, so much so that cases are hidden and doctors are even paid for not reporting cases to the public-health authorities. Although undernourishment is frequently associated with the high incidence of the disease, in Greece malaria has been a contributory cause by undermining resistance to the tuberculosis bacillus.

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

Where tuberculosis presents a dark picture, the reduction of malaria is a story of great progress. Prior to World War II, the annual rate of malaria among the civilian population was estimated at one million to two million cases, or from 15 to 30 percent of all of the people. The heaviest incidence came in the years of very heavy rainfall, sometimes reaching three million cases. One indication of the magnitude of the problem before 1946 was the annual expenditure by Greece of $1 million just for quinine, found in almost all village stores. From 1946 to 1950, according to an official report, an average of 5,000 villages were residually treated with DDT and an average of 900,000 acres of potential breeding places such as lakes and swamp land were sprayed each year, the latter operation requiring an average of ten airplanes per season. Now the once-dreaded disease of malaria is no longer a major public-health problem in Greece, a result achieved at the equivalent sum of $7.6 million during the 1946–51 period.

Hygienic improvement depends just as much upon attitude change as it does upon the installation of proper facilities. And favorable attitudes are developing. Whenever the matter was brought up in discussion at the coffeehouses or elsewhere, the local village dignitaries would tell of the project they had formulated and submitted to the *nomos* (prefecture) authorities, in which they applied for funds to better their situation. In Arachova, on the way to Delphi, the project dealt with improving the water supply; the same held true for Vouno in the Arcadian part of the Peloponnesos, Karpenesi in Eurytania, Konstantinia near Kavalla, Myrodation in Thrace, and on to a list of communities too lengthy to include. Other communities give priority to the construction of community latrines, school baths, or a general sanitation program.

The Village House

As a convenient starting point for typing the village houses, one can associate the stone house with the mountain village, the mud-walled house with the plains village, and the white, squarish house with the islands. Each is well adapted to the resources at hand, and each has its own historical development.[11] Many of the island homes with their thick walls took on a fortress character as a defense against pirates who, for many years, plagued this part of the world. Furthermore, the thick walls have been necessary in the mountain areas where the only possible defense lay in the hands of the villagers themselves. As already noted, down on the plain, particularly in Turkish times, the farms were for the most part estates of Turkish beys, and the villagers were little more than serfs dependent upon the bey for protection. He was not concerned about their shelter and they had less incentive to go to the trouble of building the more durable stone houses, even if there had been building stone at hand.

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

So the bishop arranged for nuns at a convent on the edge of town to teach some of the girls to spin and weave silk. For two hundred years the nuns of this convent have been leaders in the silk industry. In 1770, under the Turks, the nuns with their abbess were exiled to Constantinople, went to Broussa, and learned the manipulation of silk. Later, when they were able to come back to Kalamata, they brought with them the silkworm eggs and started the silk industry. Many local girls come to the convent to learn how to carry on silkworm production and weaving on a simple loom at home. So, the bishop thought, these same nuns would be able to teach these orphan girls the silk industry, and many other things as well. When we visited the convent, eighteen girls were living there, but buildings were nearing completion which would accommodate up to fifty girls. Queen Frederika had come to help dedicate the cornerstones. But the nuns were anxious to show us where they produced the fine silk cloth we had been admiring. It was a strange experience to go with the nuns into the big room full of textile machines and to see the dexterity with which these women clad in medieval garments managed the complex machinery, even to the point of making many mechanical repairs.

One institution which the bishop showed us with evident pride was a tuberculosis sanatorium. To reach it we had to ride from his palace through the town to a mountain a few miles distant. We could not help notice the people's affection for the bishop: men, upon seeing him, would take off their hats and women would cross themselves. Some of this, we knew, was done because he was a bishop and thus due a certain amount of reverence, but the expression of warmth on the faces of the people indicated their genuine appreciation of what the bishop was doing for them.

When we arrived at the sanatorium, the bishop explained: "Why should a few old monks have such a beautiful site to live in when tuberculosis was proving such a scourge to so many people? I told the monks they could go pray somewhere else and that we would make this into a sanatorium." Of course, the bishop admitted that he was oversimplifying the problem a bit, for even the Greek Orthodox Church has its red tape. In any event, he had succeeded in getting about twenty patients out into this healthful spot under proper care. One of the first things he did upon our arrival was to go check the menu posted in the kitchen, for he takes a personal interest in what is being served to the patients.

While at the sanatorium we noticed a number of donkeys tied outside and many peasant men and women sitting at the door of the little church dedicated to St. Elijah. We learned that many of these peasants had come quite far on this Sunday and had brought gifts of food and oil to the sanatorium as *psychiko*, a word which comes from Byzantine times and means property donated to monasteries or churches by pious pilgrims for the salvation of their souls. These peasants proved a lighthearted group, probably

6: McNeill H-5 (1947, 1956) 1957
EH1 Greece EH1

[Village Life]

361 above – these complicated arrangements worked well enough.
166 The Greek communities in the hills escaped the full rigor of
464 Turkish oppression, maintained a very considerable degree of
433 self-government, and were yet able to make a living by supplementing what they could produce in the immediate locality with what they could earn far afield.

361 Two other factors help to explain the concentration of popu-
[312] lation in the hills. One was water. Greece is a dry country in summer, and before modern well-drilling techniques were known, in many localities it was difficult or impossible to live
[164] the year around in the plains. A second factor was malaria. Until DDT came to Greece after the second world war, a very large part of the country was afflicted with chronic malaria. Hill valleys, where drainage was good, were often free of this disease when the plains were not.

361 Yet problems of water supply and the risk of malaria were
166 not enough to keep eager Greek settlers from the fat lands of
175 the plains when Turkish political control was withdrawn. On
433 the contrary, as one region after another was liberated, between 1821 and 1913, Turkish landlords and peasants left or were driven out. Land so vacated was promptly settled by Greeks, many of whom came down from hill villages, while others came from Asia Minor in 1922 and 1923, fleeing the wrath of Turkish
[563] armies. Only in western Thrace was the Turkish peasantry allowed to remain on the land in return for a guarantee from Turkey not to disturb the Greek inhabitants of Constantinople and eastern Thrace.

361 But what would happen when the Turks had been driven
464 from the scene, and the plains had been pre-empted by Greek
166 peasant communities? Clearly, this development, however sat-
178 isfying to national sentiments, spelled growing hardship for
433 those who remained behind in the ancient hill villages. A landlord with hundreds or thousands of acres might be eager to hire

6: McNeill H-5 (1947, 1956) 1957
EH1 Greece EH1
Kotta

[Hill Villages]

who stayed home. When the Greek army interrupted communication with the outside world this vital supply of cash was cut off. In 1947, therefore, the villagers were trying to spread out four months' food over the twelve months of the year.

Their diet was cornbread and little else. Nearly all of their sheep, whose milk had once helped to correct the deficiencies of a maize diet, had been slaughtered during the occupation; and the prevalence of skin diseases and a certain lassitude in their movements clearly indicated that malnutrition was added to undernourishment. They missed salt more acutely than anything else. There had been none in the village for several weeks when I was there.

Kotta remained in guerrilla hands until August 1949. It was luckier than some of its neighboring communities inasmuch as there was no fighting in the immediate environs, so that the houses of the village escaped without more than casual damage. But the villagers could not escape from famine, nor from disease that naturally followed in the wake of prolonged and drastic undernourishment. When I returned in 1956, the population of the village had shrunk to 188, less than one third of what it had been in 1947. The average number of persons per family had declined to 2.4, whereas in 1947 families with fewer than three children were a rarity and five or six children per family was closer to the average.

About one hundred of the former inhabitants of the village were simply missing. They had gone off, in desperation, looking for food or safety and had not come back. Most, presumably, had died or been killed. In addition, the village priest said that about fifty of the village men were known to have been killed while serving with the guerrillas; and five families had moved west across the Albanian frontier in 1949 when the guerrilla retreat took place. But the largest single factor in the decline of population was the removal of the village children by the guer-

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always with great courage, heroism and self sacrifice for a good cause.

It is perhaps this very thing that makes the life of a Greek young man happy when he is called to the army. His girl takes pride in him. This date of his call to the army is celebrated by the whole village with presents, drinks, and enthusiastic speeches. [527]

He is taught by his grandparent to respect the oldest and value their advice. He never speaks to the old unless he is asked to, nor sits before them but always stands up for respect. In case he gets some scolding from the old, whether justifiable or unjustifiable, he has to accept it without any answer.

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The girl is taught to be silent and blush before the old. She is taught to dress modestly and never hang around the water fountains. She is taught the virtue of beauty in woman is to keep her lips closed. It has become an accepted custom for both grandfather and grandmother to take pride in giving the right type of training to their grandchildren.

Educational Goals. It is the ambition of every family to educate their children especially their sons. /29/ Besides getting through the sixth grade their aim is to send them to the high school and then to the University. No father wants his son to become a farmer; he wants him to be a teacher, a doctor, a lawyer or an army man. The sacrifices that the parents and relatives undergo to give an education to the young of the family is tremendous. They sell their cows, their oxen and sometimes go into heavy debt in order to educate their children.

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The expression of the parents is, "Let me eat bread and onion only, for the sake of the education of my son." The urge on the part of the relatives is very great for having someone in the family educated. They all share alike the burden without expecting repayment. Fathers think their profession has no future for their sons and try by all means to send them away for training in other occupations.

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Young men who carry on their school work under such hard economic conditions find it very discouraging. Some of them

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leave school the second or third year and often with ill health. Two of the young men died from T. B. in Megali Vrisi. Both of them were in High School for two years.

Discipline. Besides the local school which plays /30/ a large part in discipline, the established morals of the village disciplines the youth. The part also of the grandparents and especially that of "Gerousia" is important. The most effective type and enforced one is through "Gerousia".

The stick at home and at school still has its blessings, since according to the philosophy of the villagers it came out of paradise. Even married men sometimes are subjected to this stick punishment by the parents without any complaint. The teacher keeps it on his desk and one corner of his office is filled with reserve sticks to use in case one breaks. When a teacher has 175 students of six grades, there is no time for explaining why and how, the stick enforces everything.

Political and Religious Training in the home. The political training is formed and reshaped in the coffee house. The convincing speakers and those that can read newspapers usually influence the rest. Coffee houses are places for recreation and the exchange of ideas, for forming political beliefs and for deciding important decisions for the community. Its function as a coffee drinking place is of minor importance.

The name does not mean very much to the average person who does not have experience of the coffee house. The number of coffee houses usually denotes the magnitude /31/ of the conflict groups and the amount of leisure time the farmers have. The coffee houses, besides being the place where one sips his coffee and plays his "tavli", are also centers for drinking from soft to strong alcoholic drinks. Quarrels, conflicts, political discussions and gambling take place in the coffee houses. With all these evils, still the coffee house is one of the best social centers, and centers where the common farmers exchange ideas and become aware of the current world political problems. It is the center

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to fight the disease after it appeared rather than to cure the source of the disease.

The main causes for the death of children were the irregular feeding, intestinal diseases, malaria, lack of nutritive food and long hours of work of the parents that caused them to neglect their children.

Due to the cost of medicine the people called the doctor only when it is too late for him to do anything. "It was the will of God to give and take." This is the usual answer that one would hear. The cost of medical bills range from $12 to $35, even though the local doctor is free of charge.

/43/ The care of the aged rests solely on their sons. According to tradition the aged are the head of the family until they die and due care and respect should be paid to them so as to get their blessings before their death. The aged who are unable to do any kind of work are cared by their closest relatives. It is a part of their religious duties to respect and care for the aged.

PART III.

Earning of Living. The farming is a subsistence type of farming. The people barely make their living and on lean years they have to borrow heavily from the Agricultural Bank or from the local city merchants. The following inventory which was taken from a representative farmer shows more or less the farm enterprise.

Inventory at the beginning of the year.

176 drachmas = $1 1 Oke = 2.82 pounds.

A. Condition of the family.
Members of the family 4 - 2 females and 2 males.
Members below 14 years of age 1, above sixty none.

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Stable & straw room built	6,000
Opened a well	3,000
Deposit in the savings bank	2,000
Total	46,160 = $262

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From the above accounts we find that the largest single item of income is from wheat, which comprises over 60% of the whole income. This shows the importance of the crop not only for market but for the family consumption. Even in the expense accounts wheat used for /53/ bread is one of the largest items. Next to wheat come the animal products and the animals. One can easily see that the basic diet of the farmers is bread. 840 okes, or 2362.80 pounds of wheat makes 3544.20 lbs. of bread for four persons a year or 886.05 lbs of bread per person per year or 2.5 lbs. of bread daily per person. This is not the highest, but a little below the average.

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In the expense account we find clothing and building construction the largest expense items. The 6,227 drs. are spent, in a year, for clothing the family. This is above the average. Usually the clothing bill runs low, depending on the amount of cloth mothers can weave. Even though a large part of the cloth is produced in the village still the yarn has to be bought from the market.

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Next to this the largest cash bill is that of the doctors. This fluctuates from year to year, depending on the intensity and extensiveness of malaria and other diseases.

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The vegetable crop is another item that needs some explanation. The farmer produced only 15% of his vegetable consumption. Lack of knowledge of vegetable growing forces him to this extra expense. The soil and climate are suitable for him to raise enough varieties /54/ of vegetables the year around. This is proved by the fact that the vegetables he buys are produced locally by specialized vegetable gardeners.

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are so affected by the circulating stories that they send their patients to /67/ the Saints as their last resort.

Crosses and certain signs are carried by strong believers. The evil eye is strongly believed in and special written prayers wrapped up in waterproof cloth hang around their necks.

Cleanliness is an asset of the Caucasians and they take weekly baths and change their clothes. The Thracians, who live more the primitive type of life, never bathe their bodies but only their heads. They still believe that the holy oil which the priest put on them at their baptism is on their body and bathing may wash it away. The influence of this belief is less among the younger generation and in the near future it may disappear. One would naturally expect more disease and sickness among the filthy Thracians, but just the opposite is proved by the figures of a survey. These people do not cooperate so strongly with the doctor and the nurse and still they have the healthiest children, the least disease and the lowest death rate. The diet of the Thracians is poorer than that of the Caucasians. They seldom cook and eat mostly raw vegetables, poorly-baked whole wheat bread, but more /68/ dairy products, such as cheese, milk, and sour milk (gioghourt).

Their clothing is made out of wool. Men, women, and children, even in the hot summers, wear woolen clothes.

Washing the teeth is unknown among these people, except among those who have had a chance to go to high school or worked in cities. There was one dentist in the nearby city and the area and the city included had a population of 130,000. He could not make his living in this population and was planning to move to a larger city and visit the area once a week.

People often think it is a crazy idea to put tooth paste in the mouth and shine the teeth. Their diet of vegetables, and black whole wheat bread keeps the teeth shining and healthy. This does not mean that there are no people with bad teeth, but they are very scarce and the local experienced dentists do the job without reward.

782 [755] [776] [778] [751] [754] 515 184 [851] [178] [164] [165] 262 291 515 [369] 759 164 [515] [752] [759]

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reward. Whenever there is a tooth-ache, whether the tooth is good or bad, the remedy is to pull it out. Often the patient is tied up against a tree and three or four people hold him while the practical dentist ties a string around the tooth and pulls it out. /69/ Often the string breaks before the tooth is out.

It has become a custom to wash the hands and mouth after a meal. It is the raw vegetables, the hard-baked bread and the ignorance of the tooth paste and toothbrush that keep their teeth healthy and strong. [264] [515]

Sanitary privies. The sanitary privy is one of the urgent necessities of the family, but one seldom comes across it in any village. Megali Vrisi, having had the privilege of having a doctor and a nurse, started building new sanitary privies. Many farmers still use the old method of fencing a corner and placing two large stones for the people to stand on. No ditch whatsoever is prepared for this. Fortunately, the climate is dry and everything evaporates and dries. One of the causes for extensive intestinal diseases among the young was due to these old-fashioned privies. People are learning, more and more, the source of house flies and the breeding sources of diseases among their children. Even the present privies are not so safe, but have reduced the troubles considerably. 514 514 744

People who still cannot believe that diseases are caused by micro-organisms, do not fully appreciate the means to combat them. [753]

/70/ Health in relation to housing. As mentioned in the previous paragraphs, the houses were built by the farmers at a time of great necessity and there was no time to think about the sanitary side of the house. The farmers wanted a shelter for their families and thus built a square, one-room house with as few windows as possible, and with a small door to cut down the cost. Living conditions under such circumstances were naturally very unhealthy, since the whole family had to keep everything in the same room and have a family of five sleep in the same bed. 362 [513]

he worships her like the Virgin. A derisive Dodecanese anti-Mussolini song, composed during Italian occupation, makes casual reference to God and the beloved Virgin of the Island.

HEALTH

The stock phrase for beginning a Greek letter is "We have health and health we wish for you." A frequent form of greeting and good-bye is "Health to you", and this is also said to anyone who sneezes. Anyone wearing a new article of clothing is greeted with the wish that he wear it with health. The question "How are you? Are you well?" asked upon a meeting with someone, are real questions, requiring an answer. Health is good and important, it is desired, but it is not a preoccupation. The wish for health is not a sanction; one of the child care manuals uses this sanction in urging mothers not to let their young children play with the neighbourhood children for fear of contracting infections, but the other urges the mothers not to worry about microbes, since association with others is of primary importance. In general, however, health is not a motivation in nutrition, recreation, or housing. And human relations are definitely more important. It is terrible to send a member of the family to the hospital unless, of course, it is necessary for an operation. Because of this attitude, tuberculosis often spreads through the family, since very often not even the barrier of self-protection will be introduced between the ailing and the well. Added to this is the fear that, if tuberculosis is known to be in the family, it will be hard to get a son-in-law. However, if an operation is required, a woman will go alone from a village to a hospital in Athens. There is no rejection by her family involved here; in addition, the pattern of fortitude is evoked.

In general, people do not go to a doctor unless something is very wrong. They do not go for a general check-up, although the habit of going to maternal and well-baby clinics is gaining ground. If anyone is unwell, home remedies are first resorted to, and probably the wise woman who knows about herbs is called in. The manuals on child care have long sections, covering about a third of the book, on home care and the diagnosis of disease; and they urge the use of traditional remedies: cupping, the use of camomile and other herbs. When a serious illness is recognized, the doctor is called and vows are made to the Virgin or the appropriate Saint; a mother may vow a foot pilgrimage, or 40 daily obeisances over a period of time, or the gilding of the hands of an ikon. Much illness arises from the evil eye or magic spells, and can be counteracted by magical practices.

The tuberculosis division of the UNRRA mission to Greece reports the impression that there was only one half the amount of tubercu-

losis in the provinces as compared to the cities, and Greeks interviewed gave as their opinion that this was true of the health picture generally.

Doctors are very highly respected. There have been women doctors in Greece, as well as women dentists, for many years; but the village image of the doctor is one of a man. However, a woman is much freer to discuss gynecological difficulties with a woman physician. There is great reluctance to mention the genital areas, and many women do not even know the appropriate terms to use. The acceptance of the *metrica*, the maternity difficulties, may be partly due to the reluctance to have this general area exposed and examined.

The handicapped are not easily accepted in Greece. To be crippled, blind, lame, means that one is not quite a person. Children might even jeer at the handicapped without being reprimanded. Amputation is therefore a terrible calamity, because it makes a person incomplete. Such a person cannot be accorded the respect that goes with the ability to assume responsibility. Parents may discourage their daughter from marrying a one-armed man whom they otherwise like in every respect, and who is perfectly capable of making a good living. Such people are assumed to be dependent. Greeks were bewildered by an UNRRA one-armed worker. Not only was he in the wrong function, but he could not fall into any known pattern of relationship, since he insisted on being physically self-sufficient. Since he would not accept help, the Greeks were uncomfortable with him, not knowing how to treat him.

Malaria, the great scourge which increased tuberculosis through lowering resistance, and which decreased production by sapping the energy, is now almost completely defeated by the spectacular DDT campaign. In the beginning of the campaign, the specialists, unaware of the peasants' love of sleeping in their orchards on hot summer nights, sprayed only the interiors of houses; when breeding grounds were also attacked, however, the campaign was totally effective, and has been of inestimable value for the introduction of further changes, since it won the confidence of the people.

Traditionally, there is no connexion between hygienic measures and health. Cleanliness is part of being well-ordered and well-groomed, not a matter of removing germs. And cleanliness is patterned. There is a day for scrubbing the kitchen floor, for changing sheets, for changing underwear, for going to the bath; there is a time for washing the face and the hands. There were never many latrines in rural areas and the situation has been aggravated through the war; in 1948, it was reported that 98 per cent of the farmers had no latrines.

NUTRITION

The Greek meal is a family ritual. It is a social occasion, a communion of the family, which does not have to be enhanced by special